LET'S BAKE COOKIES!

by KARIN KELLY pictures by GEORGE OVERLIE



AN EARLY CRAFT BOOK

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A long time ago



The next time you go grocery shopping with your mother or a friend, try something new, or, better yet, something old. Instead of buying cookies off the shelf, buy chocolate chips, powdered sugar, raisins, or whatever you need to bake a batch of cookies yourself. Once you have found out how easy home-baked cookies are to make and how good they taste, you may never want to eat store-bought cookies again. Baking cookies is fun, and the results are delicious.

I have fond memories of cookie-baking. When I was young, I lived with my grandmother for a time, and she taught me baking secrets more than three generations old. Grandmother had



learned to bake from her mother, who had come to America from Denmark, a country famous for rich cookies and other delicious sweets.

Grandmother and I always worked in her large kitchen. Unlike modern kitchens, hers was not at all compact. She had a huge wood-burning stove, a large table to work on, and a big sink. There were chairs to sit on and also a big box to hold wood for the stove. A pantry, or storage room, as big as many modern kitchens was located just off the main kitchen.

Grandmother kept many things, including an icebox, in her pantry. She kept butter and milk in the icebox instead of a refrigerator. Do you know what an icebox looks like? Hers looked like a cabinet with doors on it. A big piece of ice was put inside to keep the food from spoiling. There was a pan underneath the icebox to catch the water from the melting ice.

There were also bins filled with flour and sugar in the pantry. Because we kept chickens, there was always a large bowl of eggs on the

pantry shelf. Inside the cupboards were cooking and baking supplies, and utensils of many kinds. We did not have supermarkets then, so Grandmother had to keep large amounts of food in her pantry.

What a wonderful cook she was! And what wonderful smells hovered around that old wood stove! Her kitchen was, in a way, the center of our home. It was the place where Grandmother spent most of her day. And, whenever we needed cookies, she baked them.

The storage jars in the pantry were always full of some kind of treat—spice cookies, sugar cookies, butter cookies, Danish fattigman (fot-EE-mon), or poor man's cakes in English. I helped Grandmother bake the cookies. I shelled and chopped nuts, measured and sifted flour, and helped cut out the cookies and put them on cookie sheets. Of course, the very best part of cookie-baking was eating them. My little brother, too young to do much baking, was a great help with that.





Cookie recipes

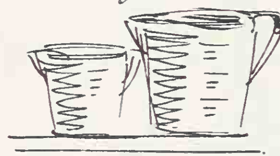
Grandmother had an old tin box that held her most treasured cooking secrets. It was her recipe box. Now my mother has that box. Most of the recipes are written in Grandmother's spare, plain handwriting, though here and there are recipes written in different hands. They say "Susie's Apple Cake" or "Opal's Baked Beans" or "Helen's Sugar Cookies."

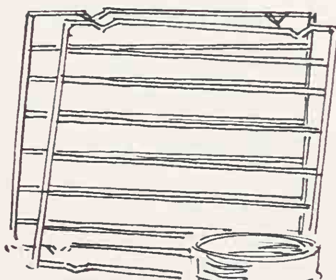
I will give you some of Grandmother's recipes and also some favorite recipes of my friends.

It is easy to follow a recipe, and cookie recipes are perhaps the easiest of all recipes to follow. The only secrets lie in blending shortening (fats) and sugar, and in blending flour into stiff cookie dough. If you follow these recipes carefully, you will succeed at being a baker perhaps far beyond your expectations.

Baking utensils

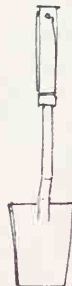
To succeed with any recipe, you should begin by collecting all the ingredients it calls for and all the cooking utensils you will need. This way, you will be organized from the very beginning of your baking project. Generally, these are the baking utensils you will need to bake most kinds of cookies:







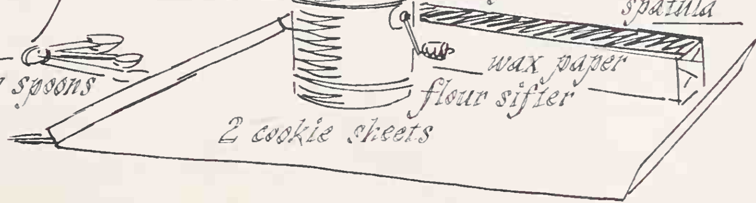


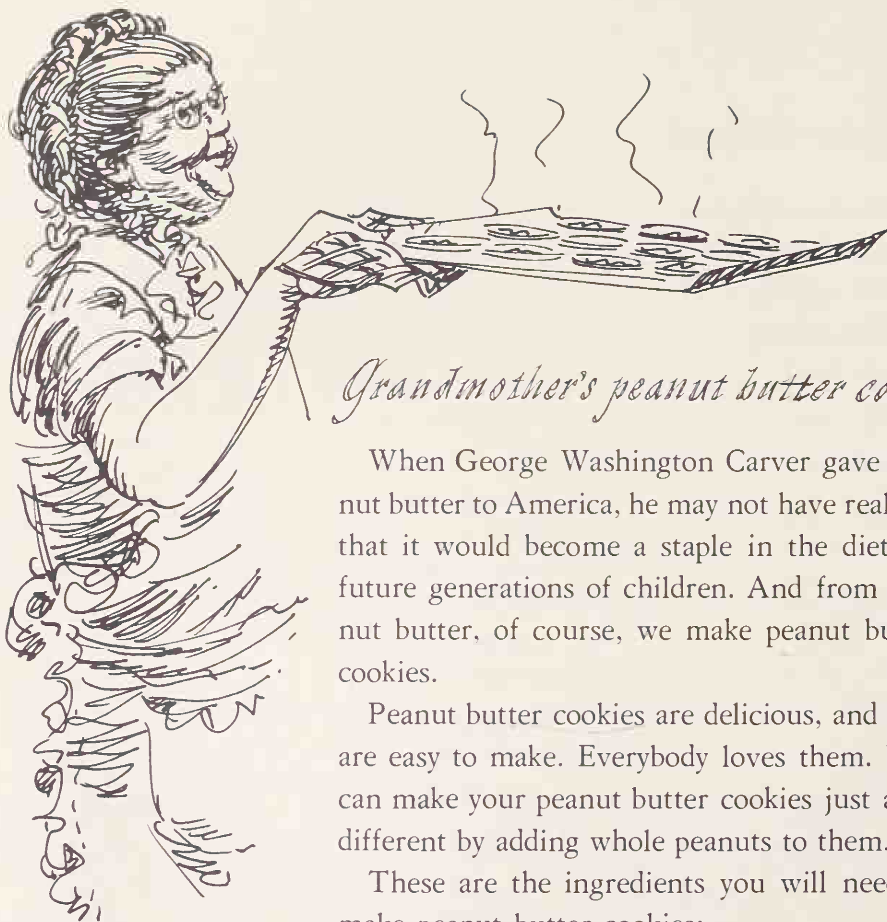












Grandmother's peanut butter cookies

When George Washington Carver gave peanut butter to America, he may not have realized that it would become a staple in the diets of future generations of children. And from peanut butter, of course, we make peanut butter cookies.

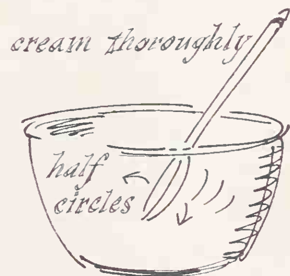
Peanut butter cookies are delicious, and they are easy to make. Everybody loves them. You can make your peanut butter cookies just a bit different by adding whole peanuts to them.

These are the ingredients you will need to make peanut butter cookies:

1/2 cup of margarine (1/4 pound or one stick) 1/2 cup of peanut butter
1/3 cup of white sugar 1/3 cup of brown sugar
1 egg 1/2 teaspoon of vanilla
1/2 teaspoon of baking soda 1-1/4 cups of unbleached white flour 3/4 cup of shelled, salted Spanish peanuts.

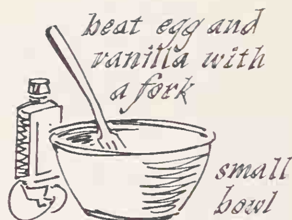






First put the margarine and the peanut butter in a bowl. If either has been in the refrigerator, let it soften in the bowl before you blend it with the other. When both the margarine and the peanut butter are soft, mix them together with the wooden spoon.

When the margarine and the peanut butter are thoroughly mixed, add the brown and white sugars to them. Now you must cream the shortening and sugar by blending these ingredients with the back of the wooden spoon,







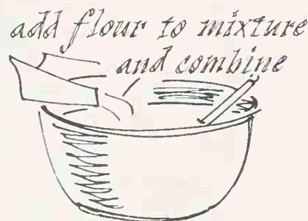
pressing them together on the sides of the bowl. Do not move the spoon in a circular motion but rather in half-circles against the sides of the bowl.

The shortening and sugars must be creamed together thoroughly. Whenever a cookie recipe calls for creaming, work with your spoon until these ingredients are like a sandy paste.

When the shortening and sugars are mixed, add the egg and vanilla. But, before you do, mix them in a small cup or bowl. Briskly beat the egg with a fork so that air bubbles form in it. Add the vanilla to the egg. Then put that mixture into the larger bowl and mix it with the creamed fats and sugars.

Now you can prepare to add the flour and soda by putting a square of wax paper on your counter. With a cup and measuring spoon, measure out the flour and soda into the flour sifter on the wax paper. Sifting flour is fun. Turn the handle on your sifter vigorously, mixing the flour and soda together. By sifting

vigorously, you will also be adding air to the flour mixture, which will give your cookies a finer texture.



When the flour and soda are mixed in a nice fluffy pile on the paper, dump them into the bowl with the other ingredients and mix everything together thoroughly. When your cookie dough is smooth and creamy, stir in the peanuts.

when mixture is smooth, add peanuts and stir

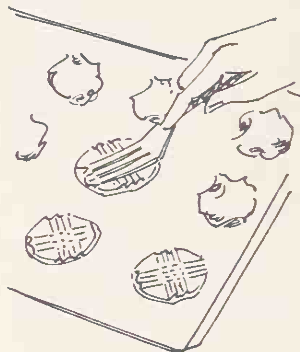
Set your oven temperature at 350 degrees. While the oven is heating, put the cookies on the cookie sheets.

set oven at 350°

Take two teaspoons and, with one, scoop up a heaping spoonful of dough. With the other teaspoon, push the dough off onto the cookie sheet. Make nice even rows on the cookie sheet. Be careful not to make your spoonfuls too large. Large spoonfuls of dough will make large cookies; smaller cookies are more attractive.



When your cookie sheets are full, flatten each cookie with a fork dipped in flour. Make a



flatten with fork

bake 10 minutes

crisscross design by pressing the tines of the fork into the dough first one way and then the other. Put your cookies in the oven and let them bake for 10 minutes.

When they are done (and they will smell so good), take them out of the oven and off the cookie sheets. Use a spatula to lift them onto wire racks or a plate to cool. Lift them carefully so they do not crack.

Continue putting cookies on the sheets and baking them until all your dough is gone. You should get about 45 cookies from this recipe. They ought to last for *at least* a few days!



remove from sheet – place on plate or rack to cool



Sharon's nutritious chocolate chip cookies

Chocolate chip cookies are a favorite everywhere. Let's make some that are just a little



cream margarine and sugars –



beat egg – add vanilla and water



pour into creamed mixture



sift flour, soda, salt

different, some that are made with whole wheat flour. They will be as chewy as regular chocolate chip cookies and will taste as good. But the whole wheat flour will give them a crunchy texture.

First gather these ingredients:

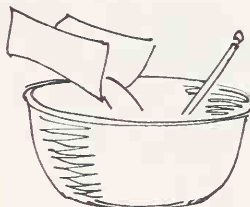
1/2 cup of soft margarine
1/4 cup of white sugar
1/3 cup of brown sugar
1 egg
1/2 teaspoon of water
1/2 teaspoon of vanilla
1/2 teaspoon of baking soda
1/2 teaspoon of salt
1 cup of whole wheat flour
1 six-ounce package of chocolate chips
1/2 cup of chopped walnuts (if you like them).

Then proceed as you did with the peanut butter cookies. Cream the margarine and sugars

together in a bowl. Beat the egg in a cup and add the vanilla and water to it. Then pour that mixture into the margarine and sugar mixture.

Sift the flour, baking soda, and salt together onto a piece of wax paper, and put that mixture into the bowl with the other ingredients. Blend all the ingredients thoroughly and then add the chocolate chips and nuts. (You can buy nuts that are already chopped. But if they are not available, there is an easy way to break shelled nuts into small pieces. Before you open the bag they come in, simply pound the bag with a hammer until the nuts are broken into small bits.)

Heat your oven to 375 degrees. While it is warming, drop the cookies by the teaspoonful onto the cookie sheets. You do not need to flatten these cookies. They will spread out as they bake. Bake them for 10 or 12 minutes until they are lightly browned. You should get about 45 cookies.

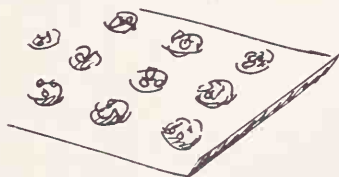


add to large bowl – blend thoroughly



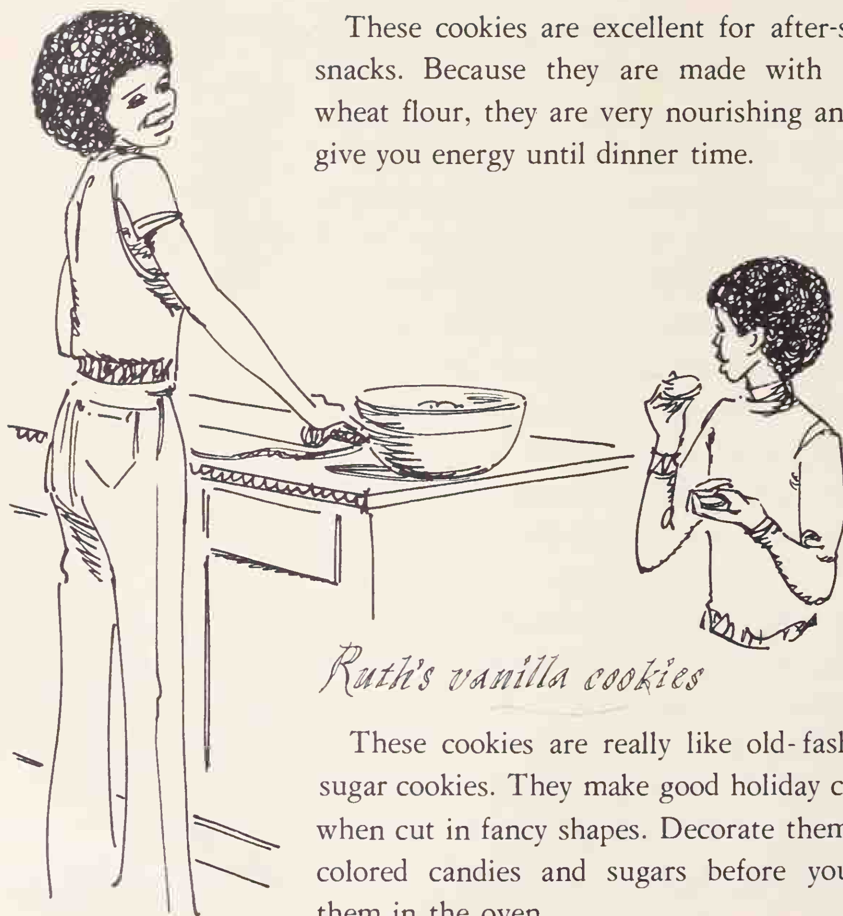
add chocolate chips and nuts – blend

set oven at 375°



drop cookies on sheet – bake 10 or 12 minutes

These cookies are excellent for after-school snacks. Because they are made with whole wheat flour, they are very nourishing and will give you energy until dinner time.



Ruth's vanilla cookies

These cookies are really like old-fashioned sugar cookies. They make good holiday cookies when cut in fancy shapes. Decorate them with colored candies and sugars before you pop them in the oven.

You will need the following ingredients:

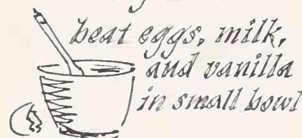
1 cup of margarine
1-1/3 cups of white sugar
3 eggs
2 teaspoons of milk
2 teaspoons of vanilla
3 teaspoons of baking powder
3-1/2 cups of unbleached flour
colored sugars and candies.

Cream the sugar into the margarine. Then beat the eggs, milk, and vanilla in a cup or small bowl. Add that mixture to the margarine and sugar. Then sift the flour and baking powder together. Mix all the ingredients well and put the mixture in the refrigerator to chill for about two hours.

When the mixture is chilled, prepare the cookies for baking. First set the temperature of your oven at 400 degrees. Then roll out the cookie dough on a counter top or large breadboard. Before you begin to roll, spread about a tablespoon of flour on the rolling surface with



cream sugar and margarine =



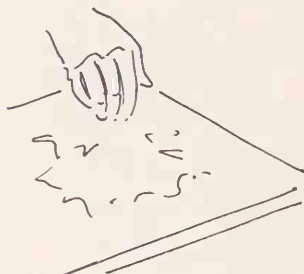
= add to large bowl

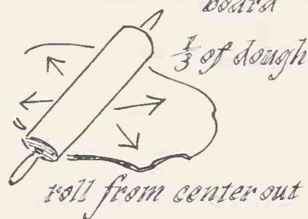


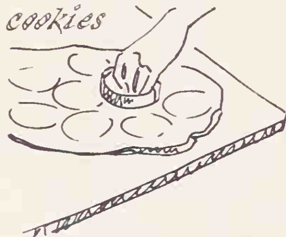
add = mix well



chill in refrigerator about 2 hours







your hands. Then take one-third of the cookie dough and put it on the floured surface.

Now, very carefully roll out the dough with a floured rolling pin or glass until it is about one-eighth inch thick. Roll from the center out. Then cut out the cookies with a fancy cookie cutter or with a glass. Cut the cookie shapes close together so that you use as much of the rolled dough as possible. Dip whatever cutter you use in flour from time to time to prevent the dough from sticking to it. When the cookies are cut, *carefully* place them on the cookie sheets and decorate them with colored sugars and candies. Bake these cookies for six to eight minutes until they are lightly browned. Roll up the dough you did not use and add it to the next batch you roll out.

These cookies are delicate and delicious and make nice gifts at holiday time.

decorate with colored sugar ~ bake 6 to 8 minutes





Grandmother's old-time ginger cookies

Grandmother had a cookie cutter shaped like a boy. We made many gingerbread boys with it. You can buy such a cookie cutter or you can cut out circular shapes with a glass and make jack-o'-lantern faces on the cookies after they are baked.

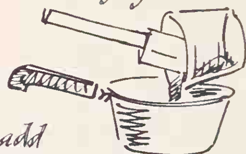
To make ginger cookies, you will need:

3/4 cup of margarine 2 cups of brown sugar
2/3 cup of molasses 2/3 cup of boiling water
1 tablespoon of ground ginger 2 teaspoons of baking soda 1 teaspoon of salt 4 cups of unbleached white flour.





boil 2/3 cup of water



add molasses to water



cream margarine and sugar

add molasses and water to mixture

blend well

sift flour, salt, soda, and ginger together, add to mixture and blend

Before you begin to cream the margarine and sugar, bring two-thirds of a cup of water to a boil in a small saucepan. Pour the molasses into the water. (Because molasses is sticky, you will need a rubber scraper to get it all out of the cup.) Then cream the shortening and sugar together, and add the molasses and water mixture to it. Blend all these ingredients thoroughly. Sift the flour, salt, baking soda, and ginger together in a bowl, and then pour them into the other mixture. Blend well.

Now heat your oven to 375 degrees. While it is warming, take one-third of your cookie dough and put it on a floured board. Roll it out until it is about one-quarter inch thick. Cut out the cookie shapes and put them on greased and floured cookie sheets.

To grease and flour a cookie sheet, rub about a tablespoon of margarine over the surface of the sheet with your fingers. Then put a tablespoon of flour on the sheet and gently tip it

back and forth until it is coated with flour. Throw the excess flour away.

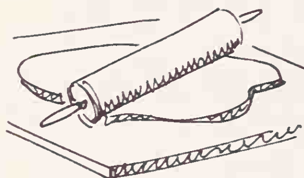
If you want to make easy decorations now, press raisins into the cookies to make the eyes, nose, and mouth of a face.

Bake these cookies for 20 to 25 minutes, until they are lightly browned. When they are cool, decorate them with frosting. To make frosting, you will need:

1 egg white
1-1/4 cups of powdered sugar
1/2 teaspoon of cream of tartar
yellow food coloring
red food coloring (or any combination of two colors that you like).

First separate the white from the yolk of the egg and store the yolk in a small covered dish in the refrigerator. (You can use it later in some other recipe.) Then heat the egg white, sugar, and cream of tartar in the top of a double boiler (two pans that sit one on top of the other. The bottom pan holds boiling water). Heat them

set oven at 375°



roll out 1/3 of dough on floured board

cut out cookies— place carefully on a greased and floured cookie sheet



decorate with raisins or frosting

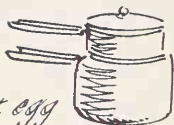


separate egg white

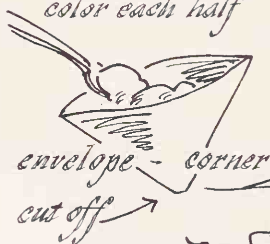
until the sugar is lukewarm when you touch it with your finger. Remove the top of the double boiler and beat the sugar mixture with an electric mixer until it stands in peaks. This should take about three minutes. Divide this mixture in half. Put three drops of yellow food coloring in one half and three drops of red in the other half.

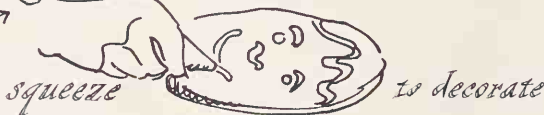
Then spoon several tablespoonfuls of frosting into the corner of an envelope. Snip off a tiny piece of the envelope at the filled corner. Squeeze the envelope to make a thin line of frosting in any design you like on each cookie. Try jack-o'-lantern faces. You may want to practice first on a piece of wax paper.

Frosted ginger cookies are great for Halloween. Try treating your friends to home-baked cookies instead of candy bars or chewing gum.













Mother's great chocolate cookies

These cookies did not last very long at our house. My brother ate them a half-dozen at a time, and we had to hide them from his friends so that Father could have his share.

To make Mother's chocolate cookies, you will need:

1/2 cup of margarine 1 cup of white sugar
1 whole egg plus one egg yolk 1/2 cup of milk 1/2 teaspoon of vanilla
3 packets of unsweetened chocolate (3 ounces)
1-3/4 cups of unbleached flour 1/2 teaspoon of baking soda 1/2 teaspoon of baking powder 1/4 teaspoon of salt
1 cup of chopped walnuts.



cream sugar and margarine

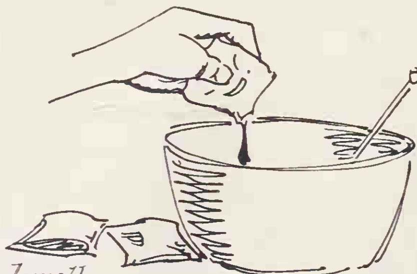


beat eggs, milk, vanilla



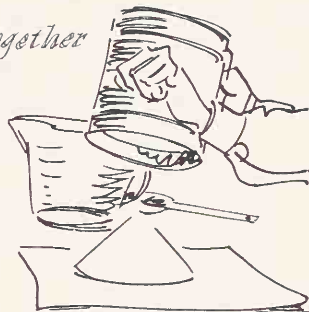
add to large bowl

blend with ingredients



add the chocolate and blend well

sift flour, soda, baking powder, and salt together



First, cream the sugar into the margarine. Then, in another small bowl, thoroughly beat the eggs, milk, and vanilla together. Add them to the creamed margarine and sugar. When that mixture is blended, add the chocolate and blend it with the other ingredients.

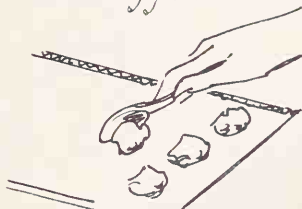
add to ingredients

blend well

add chopped nuts

Then sift the flour, soda, baking powder, and salt together onto a piece of wax paper. Pour that mixture into the bowl with the other ingredients. Blend well and, just before baking, add the nuts to the cookie dough.

Heat your oven to 375 degrees. Drop the dough by the teaspoonful onto a greased cookie sheet and bake the cookies for ten minutes. When they are cool, frost them with chocolate frosting.



drop dough on greased cookie sheet

To make a tasty, but simple, powdered sugar frosting, you will need:

3 tablespoons of margarine

1 cup of powdered sugar

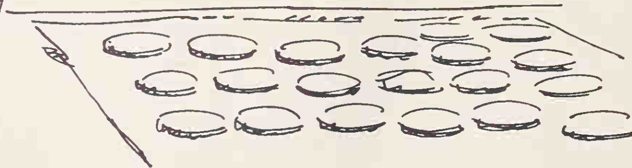
2 packets of unsweetened chocolate

1-1/2 tablespoons of cold coffee (Instant coffee will do.)

1/2 teaspoon of vanilla.

Beat these ingredients with an electric mixer until the frosting is smooth. Then spread it on the tops of your cooled chocolate cookies.





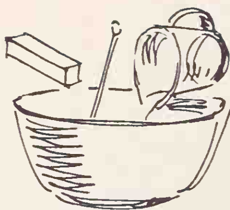


My favorite oatmeal raisin cookies

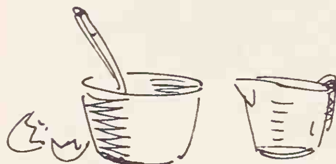
These cookies are simple to make. Because I use white raisins as Grandmother did, my oatmeal cookies are sweeter and chewier than many kinds of oatmeal cookies. The cookie dough is good, too. Have a taste. But you must resist the temptation to eat all the dough—if you do, you will have nothing left to bake!

To make oatmeal cookies, you will need:

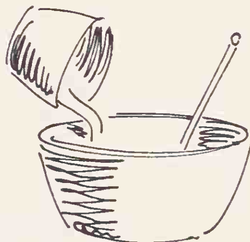
1/2 cup of margarine 1 cup of white sugar
2 eggs 1/4 cup of milk
2 cups of quick-cooking oatmeal 1 cup of white raisins (soaked for 15 minutes in hot water and then drained) 1 cup of chopped walnuts
1-1/2 cups of unbleached flour 1 teaspoon of baking soda 1/2 teaspoon of salt 1 teaspoon of cinnamon.



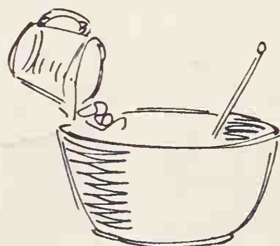
cream sugar and margarine



beat eggs and milk together – add to mixture







add oatmeal, raisins, and nuts, blend well



sift flour, baking soda, salt, and cinnamon together

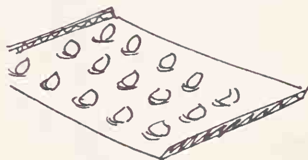
– add to other ingredients – mix well



First cream the sugar into the margarine. Then beat the eggs and milk together, and add them to the margarine and sugar mixture. Add the oatmeal, raisins, and nuts. Finally sift the flour, baking soda, salt, and cinnamon together, and add that mixture to the other ingredients.

Heat your oven to 350 degrees. With teaspoons, drop the cookie dough onto sheets and bake the cookies for about 15 minutes. They taste best when they are lightly browned all over.

set oven at 350°



drop on cookie sheets

– bake about 15 minutes until lightly browned



A cookie party

Now that you know how to bake a variety of easy-to-make, good-tasting cookies, why don't you invite some friends to a cookie party? Ginger cookies and oatmeal cookies go especially well with apple juice. Sugar cookies go well with fruit punch. Chocolate cookies, of course, go best with tall, cold glasses of milk.

Whatever cookies you choose to bake for your party, you can be sure that they will turn out deliciously when you follow a recipe. And your friends will appreciate the special, home-made effort you make when you bake their old favorites.

Grandmother left us more in her old recipe box than she probably realized!

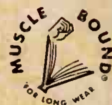
Ever since ancient times, people have been making useful and beautiful things with their hands. Today, such traditional crafts as weaving, sewing, and carpentry are more popular than ever. The *Early Craft Books* introduce young people to these age-old crafts as well as to others of more recent origin. They provide children with opportunities to learn the skills and techniques of the past and to express themselves in creative and practical ways. The books emphasize the use of easy-to-obtain materials such as wood, fabric, clay, sand, and natural foods. Detailed, accurate drawings illustrate each step involved in completing a project.

"The word 'early' not only refers to the age level for the series, but to the fact that the crafts themselves had their origins in the parlors and kitchens of early America. Each book begins with an historical anecdote about the craft, proceeds to an explanation of the technique and tools required, and ends with step-by-step instructions for projects using inexpensive, easily obtainable materials." —*Instructor*

"Everything you've always wanted to know about crafts but were afraid to try—you'll find it in this treasure trove of craft information. Each volume uses the same format, and it couldn't be better. First, there's a history of the craft (a fascinating subject in itself). Then there are well-organized materials lists and step-by-step instructions. The illustrations . . . are nearly self-explanatory." —*Early Years*

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